

Savory Zucchini Pancakes

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Super easy, super delicious. This recipe starts like a delicious pancake filled with zucchini, onion, melty mozzarella cheese and just the right spices. But what makes these pancakes so craveable is that were topping them with a savory apple-pumpkin butter and crunchy pumpkin seeds.

Getting Organized

EQUIPMENT

2 Mixing Bowls
Baking Sheet
Griddle or Skillet
Electric Mixer
(optional)

FROM YOUR PANTRY

Salt & Pepper
Milk (3/8 cup per svg.)
Eggs (1 per svg.)
Butter (1 Tbsp per svg.)

4 MEEZ CONTAINERS

Zucchini & Onions
Mozzarella & Flour
Apple Pumpkin Butter
Pepitas (pumpkin
seeds)

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the Apple Pumpkin Butter before adding the toasted pumpkin seeds in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

The size of the pancakes is up to you. Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. We like the look of bigger pancakes for dinner, so we make one big one at a time. They are great as waffles too! **Kid's Tip** – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

Health snapshot per serving – 430 Calories, 15g Protein, 23g Fat, 16 Smart Points

INGREDIENTS: Zucchini, Flour, Red Onion, Pumpkin, Mozzarella, Pepitas, Apple, Pineapple, Brown Sugar, Cinnamon, Garlic, Ginger, Lemon, Nutmeg, Sage, Baking Powder

meez *meals*

1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Drain any water from the **Zucchini & Onions** and add to the butter in the large bowl. Separate the whites from the yolks of 2 eggs into 2 separate bowls. Whisk the yolks and add to the zucchini and onions and butter.

Add the **Mozzarella & Flour**, 1 tsp salt and $\frac{3}{4}$ cup milk to the zucchini mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

3. Cook the Pancakes

Melt 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook the pancakes until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

While pancakes are in the oven, wipe out the skillet, and on medium high heat, add the **Pepitas** to the skillet and toast until lightly brown, about 2-3 minutes. Stir every minute or so to prevent them from burning.

4. Put It All Together

Serve the pancakes topped with the **Apple Pumpkin Butter** and top with toasted pumpkin seeds. Enjoy!

It's natural for zucchini to shed excess water after it's cut. Just drain before cooking.

Our pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.

Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different, but they'll still be delicious.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois